

GREETINGS FROM COOLIDGE SCHOOL

December 2, 2013

www.shrewsbury-ma.gov/schools/coolidge

Dear Families,

I hope you enjoyed food and exercise in equal measure this past week! Thanksgiving is a nice opportunity to mark the end of autumn and to anticipate with family the niceties of winter. Now it's time to prepare for snow, get cozy with good books and focus on staying healthy.

As I write, 19 students and four staff members are home sick. It seems to be a good time to mention...



National Handwashing Awareness Week
December 1-7, 2013


Dr. Will Sawyer
Infection Prevention Specialist

Yes, the power is in your hands to prevent the Flu! Imagine how great it would be if you or your family were never sick again from a respiratory infection! What diseases are these you ask?

For example: The Flu, flu-like illness, common cold, conjunctivitis, pharyngitis, tonsillitis, bronchitis, bronchiolitis, pneumonia, Coxsackie virus, Streptococcus, Pneumococcus, TB and more.

Do not touch the T Zone! It is the only portal of entry into the human body for ALL respiratory infections!

Practicing the 4 Principles of Hand Awareness behaviors will ensure you "stay well". Imagine never having the flu again!

Thank you for helping to "Spread the word not the germs"!


Will Sawyer, MD
Henry the Hand Foundation
dr.will@henrythehand.com
513-769-HAND(4263)

The 4 Principles of Hand Awareness:

1. WASH your hands when they are dirty and BEFORE eating.
2. DO NOT cough into your hands.
3. DO NOT sneeze into your hands.
4. Above all, DO NOT put your fingers into your eyes, nose, or mouth.

The 4 Principles of Hand Awareness have been endorsed by the AMA and AAFP.

Here's hoping that with consistent efforts with the basics-good hygiene, a healthy diet, and regular sleep-that we'll all *continue* to enjoy the season.

Please do remember to call (508) 841-8886 if your children will be out; our 24 hour Child Safe voicemail helps Mrs. Stacey to track absences and Mrs. Zimmermann to monitor school trends.

Sincerely,

Amy

Amy Clouter
Principal

IMPORTANT DATES:

December 2 – 6	Gingerbread Shop
December 9	Report Cards go home
December 20	Snowflake Festival
12/23 – January 1 2014	No School – December break
January 2, 2014	Return to school
January 20	MLK, Jr. Day- No school
January 24	PTO's Parent's Night Out
February 12	Young Audience's <i>Abraham Lincoln</i> visits
February 17-21	Winter Break

FYI

1. As you know, "effort" is a topic Coolidge teachers have been raising with students in our classrooms. We define effort as "trying hard" and we emphasize its importance because unlike skill, trying hard is something every child can control. We are also stressing effort because research suggests it plays a vital part in future success. Here is a clip we showed children in grades K-2 about what "trying hard" looks like in action: <https://www.youtube.com/watch?v=cJrDzF3wNFc>. During ASM, we counted the number of tries together. We were surprised by how much the squirrel star persevered!

Adult learners can click this link to learn more about effort:

http://alumni.stanford.edu/get/page/magazine/article/?article_id=32124

2. Holiday Teacher/Staff Gift Option – An Apple for the Teacher!

For those who are looking for a meaningful gift this holiday season, we have a simple, creative initiative to recognize and thank our amazing Teachers and Support Staff and contribute to future grants and programs that will benefit our children.

Shrewsbury Education Foundation (SEF) works to stimulate, strengthen and support the creation and implementation of innovative educational programs and enrichment activities that benefit students of Shrewsbury Public Schools.

At a time when our schools are experiencing significant budget cuts and program eliminations,

SEF is committed to raising funds that go directly to our teachers in the form of Grants and Enrichment Programs.

In addition to class gifts, please consider asking families to donate \$1-\$5 per child toward the purchase of an "In Your Honor" Apple. This glass apple, with the "In Your Honor" inscription and year will be awarded to Teachers and Support Staff, along with a written acknowledgement of the class name or individual donor. If someone is looking to purchase one on their own, the actual price of the apple is \$15. The remaining proceeds will go **directly** to the Teacher/Support Staffs' school to be utilized for grants and enrichment programs. This recognition initiative is truly "planting the seeds" for future innovative, and stimulating enrichment programs.

Please complete the form below and return a check payable to the SEF to the school office. Or, go to www.shrewsbury-edfoundation.org <<http://www.shrewsbury-edfoundation.org/>> and click on the "In Your Honor" tab to order and pay via Pay Pal.

Thank you for your consideration. If you have any questions, please contact Darline at info@shrewsbury-edfoundation.org